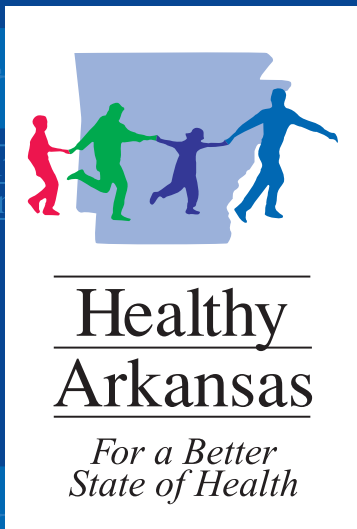


Tobacco Use



According to 2003 statistics,
25% of Arkansas
adults smoke.

Fast Facts about Tobacco Use

- According to 2003 statistics, **25%** of adult Arkansans **smoked**, compared to 23% nationally.
- Men who smoke **increase their risk of death** from lung cancer by more than 22 times and from bronchitis and emphysema by nearly 10 times.
- Women who smoke **increase their risk** of dying from lung cancer by nearly 12 times and the risk of dying from bronchitis and emphysema by more than 10 times.
- Smoking **triples the risk of dying from heart disease among middle-aged men and women.**
- Annually, exposure **to secondhand smoke causes an estimated 3,000 deaths** from lung cancer among American adults. Scientific studies also link secondhand smoke with heart disease.
- Nearly **70%** of the 46.5 million American adults who smoke cigarettes **want to quit**, but few are able to quit permanently without help.
- There is evidence of an **increase in the establishment of public nonsmoking work, home and car environments in Arkansas:**
 - ☆ In 2003, 71% of adults surveyed worked at worksites in Arkansas that did not allow smoking in public areas of the worksite, an increase from 63% in 2002.
 - ☆ In 2003, 65% of adults surveyed in the state did not allow smoking in any area of the home, compared to 50% in 2002.
 - ☆ In 2003, 65% of adults surveyed in the state did not allow smoking in the vehicle, an increase from 59% in 2002.

Opportunities for Employers

- Move **smoker s stations** away from doorways.
- Make your worksite **campus smoke-free.**
- Identify **non-smoking restaurants** in your community.

- Support those employees desiring to quit by providing cessation programs and providing awareness of quit lines and programs.
- Place **articles in company newsletter** on the benefits of smoking cessation.
- Display posters and billboards that **encourage quit attempts.**
- **Participate in campaigns** such as the Great American Smokeout, National Employee Health and Fitness Day, Freedom from Smoking Day and World No-Tobacco Day.
- Offer **incentives** to quit using tobacco.

Model Programs

The **Quit Line** (1-866-NOW QUIT), which started in March 2003, refers callers to the Mayo Clinic, which serves as a telephone-based resource to provide screening, counseling, support materials and referral for tobacco cessation assistance based on individuals' readiness to quit. The quit rate for enrollees is 25.5 %.

The Central Arkansas Veterans Health System (CAVHS) **Health and Wellness Program** includes efforts to help employees quit smoking and remain smoke-free. CAVHS saved an estimated \$817,000 the first year of the program — a savings of \$8 for each \$1 invested, reduced turnover by 5% in one year, reduced worker s compensation expenditures by \$199,000 in one year and reduced sick leave by 2,650 hours. An article on this program is in the AAOHN Foundation Journal, September 2001. Contact AAOHN Foundation at janet@aaohn.org or (770) 455-7757 ext.115.

The **Quit Wizard** is sponsored by the Massachusetts Department of Public Health s Tobacco Control Program. The program consists of the following components:

- A Progress Meter that tracks progress as participants work toward becoming a nonsmoker.
- A quit date and goals which can be checked or changed, if desired.

- A Savings Calculator that keeps track of how much money has been saved by being smoke-free.

The Quit Wizard can be accessed at www.trytostop.org/home.asp

The [YNOTQUIT Tobacco Cessation Program](#), of the Monongalia Health System marketed this quitline sponsored by the Bureau for Public Health to employees as part of a comprehensive worksite wellness program. Monongalia General Hospital has seen a decrease in healthcare costs while most companies are seeing healthcare costs soar. For more information contact Wellness Councils of America at www.welcoa.org.

[Making Your Workplace Smokefree: A Decision Maker s Guide](#) provides information on how to design, implement, and evaluate environmental tobacco smoke (ETS) policies and related activities. Includes sample policies and a list of organizations with smoke-free campuses/workplaces. Can be either ordered or downloaded free of charge from the Centers for Disease Control and Prevention (CDC) at www.cdc.gov/tobacco/research_data/environmental/etsguide.htm



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